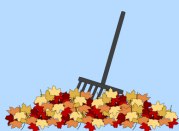


Welcome New Volunteers

Pam Killian	EHKY
Linda Adriano	EHKY
Michael Adriano	EHKY
Jane Van Deuson	EHKY
Pat Flanegin	EHKY
Dick Flanegin	EHKY
Pamela Commette	EHKY
Ken Commette	EHKY
Chelsea Nash	EHKY
Frances Fincher	EHKY
Leah Poovey	EHKY
Brad Dozier	EHKY
Betty Sones	EHKY
David Linkous	WHKY
Adren Nicholson	WHKY
DeDra Grant	WHKY
Melisa Skeen	WHKY
Kelli Schmidt	WHKY
Carole Brown	WHKY
John Brown	WHKY
Chris Patton	WHKY
Ken Patton	WHKY
Becky Walker	WHKY
Phylicia Duncan	NTN
Teresa Slaughter	MDN

*Welcome our new business partner,
Turning Point Services.*

HELP OUT YOUR NEIGHBORS...



During the fall season, one way to help our Senior Citizens is to keep their leaves raked to prevent them from slipping and falling. So grab a rake and help a neighbor!

Our Deepest Condolences

We express our sympathy to the families of the following meal recipients who recently passed away: Debra Rankin, Janice Bolick, and Mary Coffey.



STAY HEALTHY!!!

Suggestions of what you need and what you should avoid to stay healthy during the cold and flu season:

1. **Get a flu shot.** A vaccination offers 70 to 90% protection against infection and can decrease the severity and side effects if you get sick.
2. **Stock up on pens.** Cold and flu germs are easily passed through hand-to-hand contact; therefore avoid sharing pens.
3. **Buy plenty of hand sanitizer.** Look for ones that don't require water and have at least 60% alcohol.
4. **Take a daily multivitamin.**
5. **Wash your hands—a lot.**
6. **Turn in.** Getting enough sleep is the most important thing to do this season, because any other precautions you take against cold or flu—the right food, supplements, even vaccinations—won't offer the same protection if your body's too tired to use them properly. (prevention.com)



Many thanks go out to Debbie Carmack, Pat Neill, Becky Anthony, Phyllis Lehman, and Sarah Kaylor for assisting on a presentation for United Way! **Thank You!**



Trading Days...

If you switch days with someone, please call the site supervisor or the office at 88-695-5610 to inform someone of this calendar change. The site supervisors do reminder calls and would like to be assured that they are calling the correct person.



Stay tuned for
**Upcoming
Annual
Fundraiser to be
announced in
November!**



October's the month
When the smallest breeze
Gives us a shower
Of autumn leaves.
Bonfires and pumpkins,
Leaves sailing down —
October is red
And golden and brown.
~Author Unknown



To strengthen, with dignity and respect,
the quality of life for all citizens through
supportive services and advocacy

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Catawba County United Way
Community Partner